/The Chinese/

N knowledge of sanitation and elementary health regulations. Their
*563 concepts of health and disease rest mainly on the traditional beliefs.
751 The concept that dominates most of their thinking about the human
[772] body and its health is that of the Two Principles of yang and yin.
S These are philosophical concepts of the origin of all things. The
563 yang principle represents the male and the yin represents the
751 female. They stand for opposite poles - heaven and earth, sun
[772] and moon, day and night, heat and cold, life and death, positive and negative, strong and weak.

N In medicine, everything is classified as yang or yin. The
*563 exterior of the body - the skin - is yang, while the interior is
753 yin. The back is yang, while the abdomen is yin. The heart and
772 liver are yang while the spleen, lungs and kidneys are yin. A
826 disease, accordingly, is yang when due to external causes and yin
S when due to internal causes. Respiratory diseases, fever, and
563 diseases affecting the upper part of the body are yang diseases.
753 Chills and afflictions of the lower body, and circulatory diseases
772 are yin diseases. When the yin predominates, one suffers from
826 yang disease; when the yang is in excess yin results. These two
S principles must be kept in mind when treating the disease, since
N the drugs and herbs are also divided into these two classes.
[278]

N Another Chinese concept concerning health is that of the exis-
*563 tence of the Five Elements - metal, wood, water, fire and earth.
751 According to this belief, the human body is composed of a mixture
753 of the five elements. So long as the proportions of these five
772 elements remain in order, health results. If the balance is dis-
S turbed, disease follows.
563
761 These beliefs are common mainly among the uneducated popu-
753 lation, the rural and the lower classes of the urban population.
772 In most cases, the higher classes have a Western knowledge of
S the basic elements of health and sanitation and know the basic
N facts of human physiology and the causes of transmission of diseases.
[184]

S Illiteracy and ignorance is much greater in the Northwest region
N than along the Pacific Coast. Thus, in the Northwest, the beliefs
[212] are widespread and most Western ideas have not penetrated into the larger part of the population.

S Unfortunately, we do not have figures on the birth and death
N rate in Northwest China. The figures for all of China are given
114 in the chapter on "Health and Sanitation" of the General China
163 Handbook.
165

C. Predominant Diseases Among the Chinese

N The most common diseases are the fecal-borne ones. They are
*563 spread through the use of human waste as fertilizer. Andre Migot,
164 who travelled through Northwest China in 1946, dwells on this
364 problem in his description of a typical middle-sized town in this
S area (Tibetan Marches, p. 51): "Then there is the problem of sani-
563 tation. The total volume of human excrement produced every day
164
364